

## IN VITRO ANTIOXIDANT ACTIVITIES OF MAGNESIUM COMPOUNDS USED IN FOOD INDUSTRY

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(Received: 4 February 2013; accepted: 2 April 2013)

Magnesium participates in numerous enzymatic reactions in the human body and it has essential role in the maintenance of the antioxidant system. Since several magnesium compounds have been applied in the food and pharmaceutical industry, our purpose was to investigate the antioxidant/free radical scavenging activity of some magnesium compounds *in vitro*. The antioxidant/prooxidant effect of inorganic salts (e.g.  $\text{MgCl}_2$ ) and organic complexes (e.g. Mg-gluconate) was determined with chemiluminometric method ( $\text{H}_2\text{O}_2/\bullet\text{OH}$ -microperoxidase-luminol) and heme mediated LDL oxidation ( $\text{LDL-heme-H}_2\text{O}_2$ ) *in vitro*. It has been stated that the chemiluminescence method and LDL (low density lipoprotein) oxidation measurement is applicable in the presence of magnesium salts and complexes. Most of the compounds do not generate free radicals and the antioxidant/prooxidant effect depends on the quality of the ligand and the concentration. In the concentration range used, some representatives of the magnesium compounds (MgO, Mg-gluconate, Mg-polygalacturonate) investigated showed radical generating activity measured with chemiluminescence method, whereas the LDL oxidation has not been affected. Magnesium citrate and malate proved to be antioxidants measured with the chemiluminescence method and they slightly accelerate the LDL oxidation in the system and in the concentration applied. *In vitro* some of the ligands of magnesium compounds showed antioxidant activities.

**Keywords:** magnesium, radical scavenger capacity, LDL oxidation, *in vitro*

Magnesium is an essential macroelement in the human body, it has fundamental role in the synthesis and metabolism of carbohydrates, lipids, proteins, and nucleic acids, for example, for synthesizing DNA and RNA in mitochondria (SIEGEL & SIEGEL, 1990; FAZEKAS *et al.*, 1994). It is also required for the synthesis and maintenance of the antioxidant defence system, including enzymes and antioxidant molecules (MINNICH *et al.*, 1971; KUZNIAR *et al.*, 2004). Magnesium supposedly is an antioxidant in biological systems (HANS *et al.*, 2003; HAN *et al.*, 2004) and antioxidant/prooxidant balance correlates with the magnesium concentration (KURYS *et al.*, 2001).

Magnesium is often used in the food industry as a food additive or in the pharmaceutical industry as a supplement in e.g. citrate, fumarate, malate, glycinate, glutamate, succinate, tartarate, taurate, aspartate, chloride, citrate, oxide, ascorbate, lactate, sulphate form or as a nutrient. Nevertheless data on the antioxidant/prooxidant properties of them is available only sporadically. Free radical scavenging activity of magnesium lithospermate B, copper-induced oxidation of human low density lipoprotein of magnesium-pyridoxal-5'-phosphate-glutamate and free radical generating properties of some metal complexes were measured *in vitro* (KÖGL

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et al., 1994; JUN et al., 2000; SZENTMIHÁLYI et al., 2003). Therefore, our purpose was to investigate the antioxidant/prooxidant effect of some magnesium compounds/complexes in vitro to extend our knowledge in this field.

## 1. Materials and methods

### 1.1. Materials

The examined magnesium compounds were magnesium oxide, magnesium chloride, magnesium sulphate, magnesium citrate, magnesium gluconate, magnesium malate, magnesium polygalacturonate (magnesium complex of polygalacturonic acid made from pectin) (SZENTMIHÁLYI et al., 1998).

### 1.2. In vitro antioxidant activities

Chemiluminescence techniques were applied for studying of  $\bullet\text{OH}$  radical generation and  $\text{OH}/\text{H}_2\text{O}_2$  radical scavenger activity of magnesium compounds. Light emission of luminol was measured by a method of BLÁZOVICS and co-workers (BLÁZOVICS et al., 1999) using a Berthold Lumat LB-9501 luminometer. The intensity of chemiluminescence light is given as the relative light unit (RLU).

The reaction mixture for measuring free radical generating ability was the following: hydrogen peroxide ( $10^4$  dilution) 300  $\mu\text{l}$ , luminol ( $7 \times 10^{-7}\text{M}$ ) 100  $\mu\text{l}$ , the sample (1 mg metal compound in 1 ml solution) 100  $\mu\text{l}$  and bidistilled water 500  $\mu\text{l}$  (BLÁZOVICS et al., 1999).

The reaction mixture for measuring the hydroxyl scavenging activity was hydrogen peroxide ( $10^4$  dilution) 300  $\mu\text{l}$ , microperoxidase ( $3 \times 10^{-7}\text{M}$ ) 300  $\mu\text{l}$ , luminol ( $7 \times 10^{-7}\text{M}$ ) 50  $\mu\text{l}$  and the sample (1 mg  $\text{ml}^{-1}$ ) 100  $\mu\text{l}$  diluted with bidistilled water to 1 ml. The intensity of chemiluminescence light is given as the relative light unit (RLU) reduced by free radical scavenging substances.

For measurement of LDL oxidation, LDL fraction was prepared from blood. Reaction mixture: HEPES buffer ( $\text{pH}=7.4$ ), LDL, heme, hydrogen peroxide and sample solution. The determination is based on the measurement of heme absorbance at 405 nm at 37 °C. The decrease of heme absorbance is inversely proportional to the increase of conjugated diene, lipid hydroperoxide and thiobarbituric acid reactive substance content. Results are expressed in the percentage of  $\Delta\text{T}(\text{LDL}+\text{sample})/\Delta\text{T}(\text{LDL})$  (BALLA et al., 1991).

### 1.3. Statistical analysis

Means and standard deviations (SD) were calculated from the results. For comparison of the means one way analysis of variance (ANOVA) was used by GraphPAD software version 1.14 (1990).

## 2. Results and discussion

### 2.1. Radical generation ability

Earlier examination concerned the determination of possible radical generation ability of magnesium and other metal compounds in the system applied. It was found that the magnesium compounds did not or only in a small degree generate the decomposition of luminol in the luminol- $\text{H}_2\text{O}_2$  system (SZENTMIHÁLYI et al., 2003). Therefore, the radical

generation ability of the examined magnesium compounds is negligible in the given amount and under the given circumstances and the system is suitable for the examination of radical scavenging ability.

## 2.2. Radical scavenging activity

In the presence of microperoxidase as a catalyst, the free radical ( $\text{H}_2\text{O}_2/\cdot\text{OH}$ ) scavenging ability of magnesium compounds in  $0.1 \mu\text{g}$  magnesium  $\text{ml}^{-1}$  concentration was examined. The chemiluminescence intensity of magnesium compounds at the same concentration of magnesium differed significantly (ANOVA,  $P < 0.05$ ) from each other (Fig. 1). Some of the magnesium compounds, as Mg-malate and Mg-citrate, seemed to have antioxidant properties in the applied system, since they bound the hydroxyl radicals liberated from  $\text{H}_2\text{O}_2$  by microperoxidase (the relative light units are under 100%). Magnesium oxide, -gluconate and -polygalacturonate had prooxidant properties in the applied concentration and system, because they generated hydroxyl radicals from  $\text{H}_2\text{O}_2$ . Magnesium chloride with the 100% RLU was not antioxidant nor prooxidant in the applied concentration, while magnesium sulphate was a very weak prooxidant with the 106% RLU.

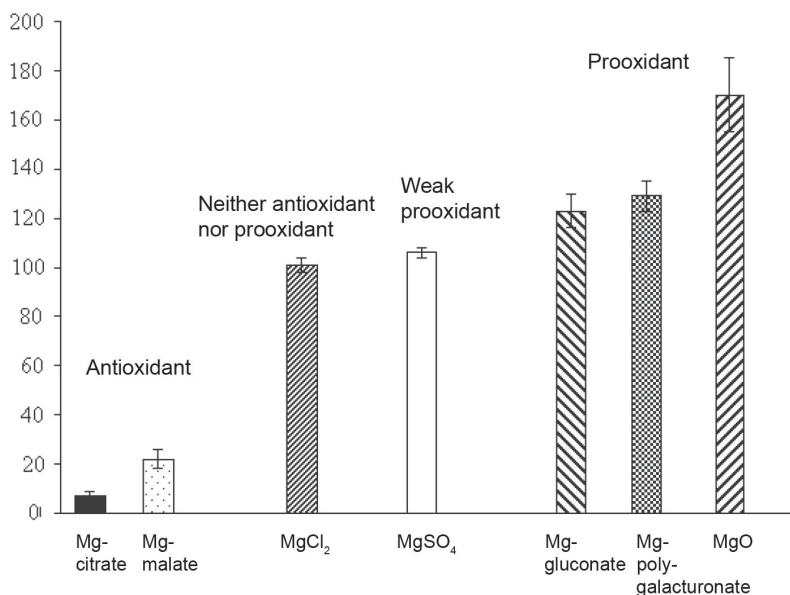


Fig. 1. Chemiluminescence intensity (RLU%) of magnesium compounds in the  $\text{H}_2\text{O}_2/\cdot\text{OH}$ -microperoxidase-luminol system (concentration:  $0.1 \mu\text{g}$  magnesium  $\text{ml}^{-1}$ ); RLU under 100% means antioxidant, while above 100% means prooxidant

Since the antioxidant/prooxidant property depends on the concentration applied, this property of some magnesium compounds was also examined in the function of concentration in  $\text{H}_2\text{O}_2/\cdot\text{OH}$ -microperoxidase-luminol-system. The hydroxyl radical scavenging ability of magnesium compounds changed as the function of concentration (Fig. 2). Magnesium gluconate and magnesium polygalacturonate had no hydroxyl radical scavenging ability and both compounds became prooxidant in higher concentrations, while magnesium malate

showed significant hydroxyl radical scavenging ability in the higher concentration range (Fig. 2). Further examination of magnesium polygalacturonate in larger concentrations was inhibited by the solubility of the complex. The standard deviations of parallel measurements were below 2% in each case.

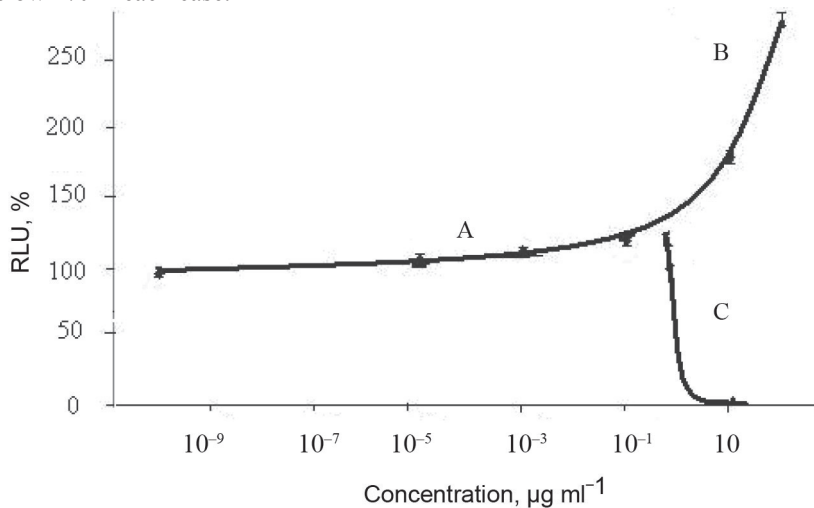


Fig. 2. Concentration dependent hydroxyl radical scavenging ability of magnesium gluconate (A) between  $10^{-5}$  and  $10^{-1}$   $\mu\text{g ml}^{-1}$ , magnesium polygalacturonate (B) and magnesium malate (C) between  $10^{-10}$  and  $100$   $\mu\text{g ml}^{-1}$  in  $\text{H}_2\text{O}_2/\cdot\text{OH}$ -microperoxidase-luminol-system

Since the ligand of magnesium may also have antioxidant/prooxidant properties, for the determination of it and to differentiate the free radical scavenging ability of magnesium and magnesium compounds, some ligands were also measured. Malic acid showed characteristic and significant hydroxyl radical scavenging ability in microperoxidase-luminol- $\text{H}_2\text{O}_2$  system as a function of concentration, while polygalacturonic acid may be characterized as a weak antioxidant in the higher concentration range (Fig. 3).

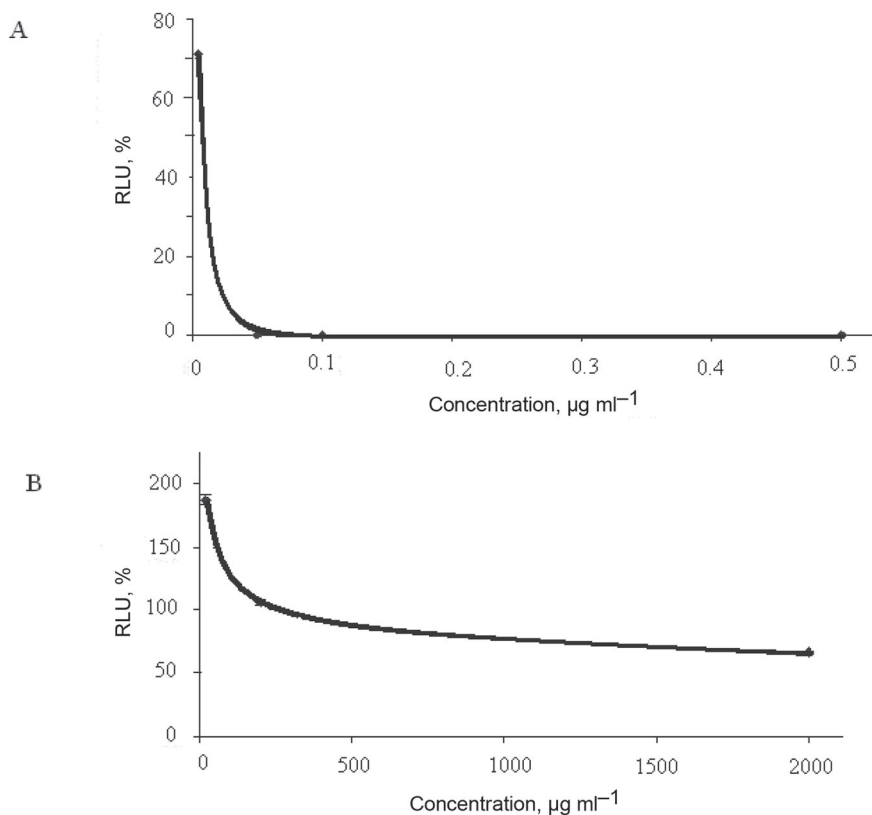


Fig. 3. Concentration dependent hydroxyl radical scavenging ability of malic acid (A) and polygalacturonic acid (B) in  $\text{H}_2\text{O}_2/\cdot\text{OH}$ -microperoxidase-luminol-system

### 2.3. LDL oxidation

The magnesium compounds hardly affect the LDL oxidation time compared to the LDL oxidation time without any magnesium compounds (100%), although the values of magnesium compounds are significantly different (ANOVA,  $P < 0.05$ ) (Fig. 4). The LDL oxidation occurred in a shorter time in the presence of magnesium malate ( $4940 \pm 320$  sec,  $\Delta T_{v_{\max}} = 6100$  s), which points to some prooxidant effects, while the other magnesium compounds slightly extended the LDL oxidation. These insignificant effects hardly changed with the concentration in the cases of magnesium chloride and gluconate (Fig. 5), since the LDL oxidation time showed some alteration as a function of concentration only in the case of magnesium malate or malic acid.

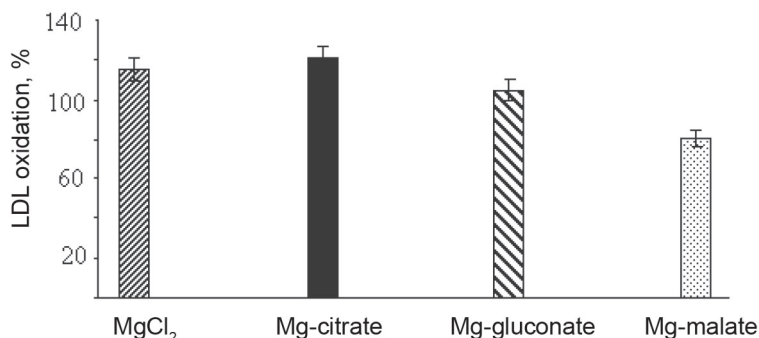


Fig. 4. Inhibition of LDL oxidation (%) of magnesium compounds in 0.6 µg magnesium ml<sup>-1</sup> concentration

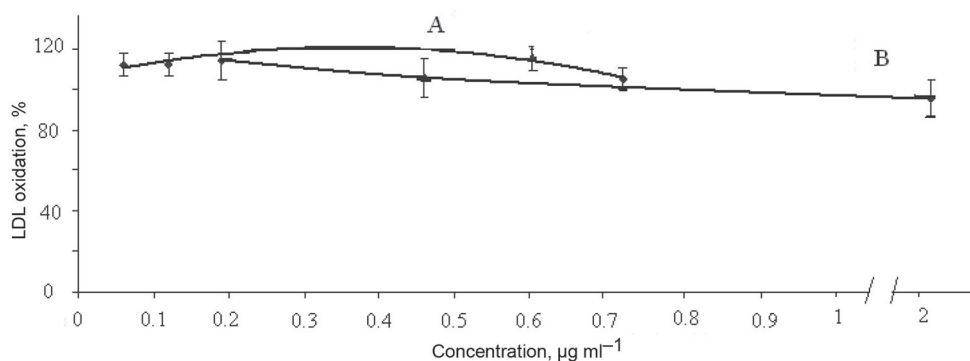


Fig. 5. Inhibition of LDL oxidation (%) of magnesium chloride (A) and magnesium gluconate (B) as the function of magnesium concentration

### 3. Conclusion

Mg-malate and Mg-citrate showed  $\bullet\text{OH}/\text{H}_2\text{O}_2$  radical scavenging activity in the microperoxidase-luminol- $\text{H}_2\text{O}_2$  system with the presence of microperoxidase as a catalyst. In this in vitro system the effect may not be due to magnesium, it may rather be attributed to the antioxidant properties of the ligands: malic and citric acid, since the  $\bullet\text{OH}/\text{H}_2\text{O}_2$  radical scavenging activity of magnesium compounds of the same magnesium concentration differed significantly and the radical scavenger activities of organic acids were found to be higher than those of magnesium compounds. At the same time  $\text{MgSO}_4$  did not inhibit the basic chemiluminescent reaction. Chemiluminescence measurement, therefore intensity obtained, greatly depends on the pH value since this is a chemical system. Acidic compounds may show better antioxidant activities because these compounds are able to bind the hydroxyl radical liberated from the hydrogen peroxide.

Magnesium compounds hardly affect LDL oxidation, which supports the mechanism described above.

In summary, in vitro antioxidant activities of some magnesium compounds examined may have a direct effect, presumably caused by the chemical reactions of hydroxyl radical, hydrogen peroxide and the ligands.

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